|  |  |
| --- | --- |
| **No vigorous physical activity** | Description: Percentage of population not engaging in vigorous physical activity |
| Instrument question: P1 - P15b: activity at work, travel to and from places, and recreational activities |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No vigorous physical activity** | | | | | | | | | |
|  | **Male** | | | **Female** | | | **Total** | | |
| Age Categories (Years) | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI | n | % no vigorous activity | 95% CI |
| 18-29 | 525 | 34.7 | 28.2 - 42.0 | 927 | 72.8 | 67.7 - 77.3 | 1452 | 58.4 | 54.2 - 62.5 |
| 30-44 | 554 | 46.8 | 40.4 - 53.4 | 1005 | 68.3 | 62.6 - 73.4 | 1559 | 60.5 | 56.3 - 64.6 |
| 45-59 | 246 | 38.4 | 26.7 - 51.6 | 419 | 59.4 | 50.2 - 68.0 | 665 | 51.5 | 44.1 - 58.9 |
| 45-69 | 227 | 75.9 | 68.1 - 82.2 | 407 | 89.2 | 84.0 - 92.8 | 634 | 83.1 | 78.7 - 86.8 |
| 60-69 | 103 | 59.8 | 40.0 - 76.9 | 239 | 59.5 | 48.2 - 69.8 | 342 | 59.6 | 49.3 - 69.2 |
| **Total** | **1655** | **43.8** | **39.8 - 47.9** | **2997** | **70.4** | **67.3 - 73.2** | **4652** | **60.2** | **57.7 - 62.7** |
| Location |  |  |  |  |  |  |  |  |  |
| Rural | 906 | 38.8 | 33.3 - 44.5 | 1698 | 71.1 | 66.7 - 75.1 | 2604 | 59.6 | 55.9 - 63.2 |
| Urban | 749 | 50.1 | 44.4 - 55.8 | 1299 | 69.2 | 65.4 - 72.7 | 2048 | 61.1 | 58.0 - 64.2 |